

# HIV/AIDS

You Need To Know ... **Get Tested**



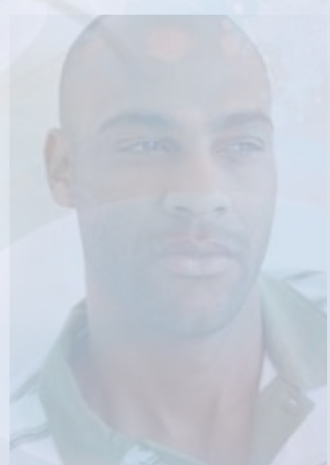
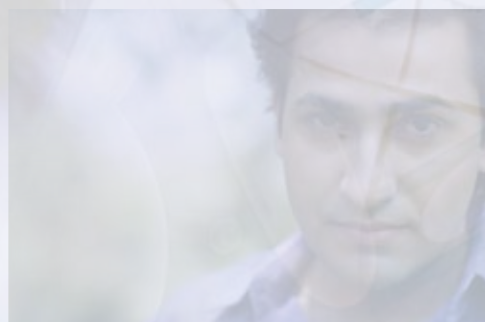
## **HIV/AIDS PROGRAM**

701.328.2378 or 800.70.NDHIV  
(800.706.3448)

[www.ndhealth.gov/hiv](http://www.ndhealth.gov/hiv)



**NORTH DAKOTA**  
**DEPARTMENT of HEALTH**



## About HIV

HIV (human immunodeficiency virus) slowly breaks down the body's immune system, leading to an advanced stage of HIV disease known as AIDS (acquired immunodeficiency syndrome). AIDS is diagnosed when a person has a CD-4 count of fewer than 200 or an opportunistic infection, which is a specific type of illness resulting from HIV infection.

When first infected with HIV, you may have no signs or symptoms at all. Even if you don't have symptoms, you're still able to transmit the virus to others. You may remain symptom free for many years, but as the virus continues to multiply and destroy immune cells, you may develop more infections or chronic symptoms.

There is no vaccine or cure for HIV. However, people can protect themselves from contracting the virus.

People who engage in risky behaviors, such as unprotected sex or needle sharing, are at risk of being infected. The more partners, the greater the risk of infection.

It is important to know about an infection so that others do not become infected. Medical care early in the course of the disease will keep infected people healthy longer.



## How to know if you have HIV

HIV testing is done by analyzing a small amount of your blood or oral fluid. These fluids contain antibodies to HIV if you have the virus in your system. Because the HIV test looks for antibodies, a person who is infected may test negative before testing positive. The test counselor will help you determine the most appropriate time to be tested.

## How HIV is transmitted

HIV can be transmitted through four body fluids. To get HIV, one of these infected fluids must get into your body:

- Blood
- Semen
- Vaginal fluid
- Breast milk

### **Behaviors that put people at risk include:**

- Unprotected oral, anal or vaginal sexual intercourse.
- Sharing injection equipment or needles.

Babies also can be infected before or during birth if their mother is infected. Some babies have been infected through breast milk.

Before 1987, some people were infected when they received blood transfusions, clotting factor or organ transplants. Blood is now tested and the chances of getting HIV from a transfusion are very small.



## How HIV is not transmitted

The virus is not passed from person to person through casual contact. Examples of casual contact include:

- Hugging
- Shaking hands
- Sharing eating utensils
- Touching toilet seats
- Touching door knobs

The virus also is not transmitted through mosquito bites. Working or playing with someone who is infected with HIV does not put you at risk.

## How to prevent HIV

HIV is prevented by not engaging in sex. Whenever you have sex, use a condom or “dental dam” (a square of latex recommended for use during oral-genital and oral-anal sex). When used properly and consistently, condoms are effective in preventing the spread of HIV. Never engage in sex with someone known or suspected of having HIV without using a latex condom.

- Use only latex or polyurethane condoms or dental dams. Lambskin products are not effective in preventing HIV. People with latex allergies can use polyethylene condoms as an alternative.
- Use only water-based lubricants. Oil- or petroleum-based lubricants can make latex condoms less effective.
- Use protection each and every time you have sex.
- Abstain from sex or remain in a mutually exclusive relationship.
- Never share needles.
- Get tested so you and your partner know your status.
- Know your risks - visit [www.ndhealth.gov/knowyourrisk](http://www.ndhealth.gov/knowyourrisk)

Using drugs may prevent you from making wise choices about other behaviors. Needles used by another person for drugs (including steroids), tattoos, body piercing or for any other reason can transmit HIV and hepatitis. If you are injecting drugs of any type, including steroids, never share syringes or other injection equipment with anyone else. If you are planning to have any part of your body pierced or to get a tattoo, be sure to see a qualified professional who uses sterile equipment.

## Testing

In North Dakota, HIV testing is confidential. To take the test, you need to make an appointment at one of the test sites listed on the back of this brochure. The test, counseling and referral services are free at all test sites for at-risk individuals.

Two types of testing are available: conventional and rapid testing.



Conventional testing is conducted either with blood drawn from a vein or through an oral fluid test. Test results are available in five to seven days. Test results are not given over the telephone or sent in the mail.

Rapid testing is performed using blood from a finger stick. Results are available within 20 minutes. Rapid testing may not be available at all test sites.

## Who should consider testing?

If you answer yes to any of the following questions, you could be infected with HIV or other sexually transmitted diseases.

### **Have you ever had unprotected sex (anal, vaginal or oral) with a man or woman who:**

- You know was infected with HIV?
- Had multiple sex partners?
- You normally wouldn't have sex with?

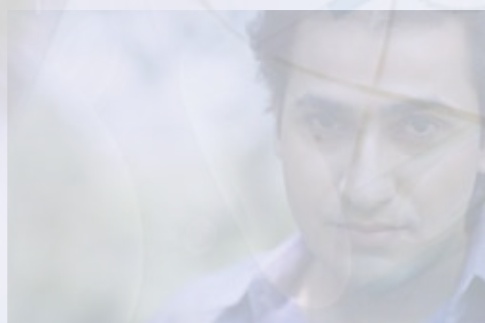
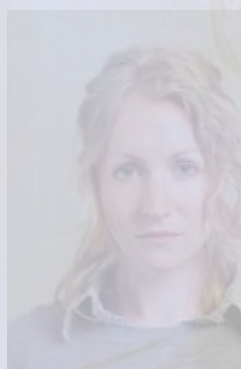
### **Have you ever:**

- Had sex under the influence of drugs or alcohol?
- Had a sexually transmitted disease, including pelvic inflammatory disease?
- Given or received sex for drugs or money?

If you answer "yes" to any of the following questions, you also should consider testing for both HIV and hepatitis.

### **Have you ever:**

- Injected drugs?
- Shared needles with someone who was infected?
- Had a body piercing or tattoo with non-sterile instruments?
- Used needles or syringes that were used by anyone before you?
- Had a blood transfusion or organ transplant before 1992?



# TEST SITES

<b>Ashley</b>	*McIntosh District Health Unit	701.288.3957
<b>Bismarck</b>	*Bismarck Burleigh Public Health	701.355.1540
	*Custer Family Planning	701.255.3535
	*First Choice Clinic	701.751.4575
	*Foster County Public Health	701.652.3087
<b>Carrington</b>	*Foster County Public Health	701.652.3087
<b>Crosby</b>	*Upper Missouri District Health Unit	701.965.6813
<b>Devils Lake</b>	*First Choice Clinic	701.662.2229
	*Lake Region District Health Unit	701.662.7035
	*Community Action Partnership	701.227.0131
<b>Dickinson</b>	*Southwestern District Health Unit	701.483.0171
	*Dickey County Health District	701.349.4348
<b>Ellendale</b>	*Dickey County Health District	701.349.4348
<b>Fargo</b>	*Fargo Cass Public Health	701.241.1360
	*First Choice Clinic	701.237.6530
	*NDSU Student Health – NDSU Students Only	701.231.7331
	*Wells County District Health Unit	701.547.3756
<b>Fessenden</b>	*Wells County District Health Unit	701.547.3756
<b>Grand Forks</b>	*Grand Forks Public Health Department	701.787.8100
	UND Student Health – UND Students Only	701.777.4500
	*Valley Community Health Center	701.757.2100
	*Valley Health	701.775.4251
	*Women's Pregnancy Center	701.746.8866
<b>Jamestown</b>	*Central Valley Health District	701.252.8130
<b>LaMoure</b>	*LaMoure County Public Health Department	701.883.5356
<b>Mandan</b>	*Custer Health	701.667.3370
<b>Minot</b>	*First District Health Unit	701.852.1376
	*MSU Student Health - MSU Students Only	701.858.3371
	*Rolette County Public Health District	701.477.5646
<b>Rolla</b>	*Rolette County Public Health District	701.477.5646
<b>Stanley</b>	*Upper Missouri District Health Unit	701.628.2951
<b>Stanton</b>	*Custer Health	701.745.3599
<b>Valley City</b>	*City-County Health District	701.845.8518
<b>Wahpeton</b>	*Richland County Health Department	701.642.7735
<b>Watford City</b>	*Upper Missouri District Health Unit	701.444.3449
<b>Williston</b>	*Upper Missouri District Health Unit	701.774.6400

*\*Hepatitis C testing is available at these sites*

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